

# National Deworming Day



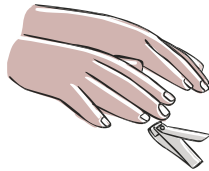
## 10 August 2018

**Remember-** All children aged 1-19 years should be sent to the nearest school or *Anganwadi*, where **safe** and **beneficial** deworming tablet will be administered **free-of-cost**



# In addition to deworming, there are other practices that help to reduce worm infections

Keep your nails clean and short



Keep your surroundings clean



Always drink clean water



Keep food covered



Wear shoes



Do not defecate in the open.  
Always use a toilet



Wash fruits and vegetables with clean water



Wash your hands with soap, especially before eating and after using the toilet

